

CITY OF LODI

COUNCIL COMMUNICATION

AGENDA TITLE: Walk For The Health Of It Day

MEETING DATE: May 2, 2001

PREPARED BY: City Clerk

RECOMMENDED ACTION: That Mayor Nakanishi present a proclamation proclaiming Saturday, May 12, 2001 as the 11th Anniversary of "Walk for the Health of It Day" in the City of Lodi.

BACKGROUND INFORMATION: The Mayor has been requested to present a proclamation proclaiming Saturday, May 12, 2001 as the 11th Anniversary of "Walk for the Health of It Day" in the City of Lodi. Darrell Drummond, coordinator of the event, will be at the meeting to accept the proclamation.

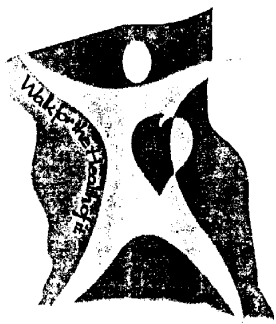
FUNDING: None required.



Susan J. Blackston
City Clerk

SJB/JMP

APPROVED: _____
H. Dixon Flynn -- City Manager



5K FITNESS WALK & POKER WALK

1 MILE WALK & ROLL

**Saturday,
May 12th**

Meet at the
Lodi Memorial
Hospital
999 S. Fairmont
Registration 9AM
Walk Begins 9AM

5K FITNESS WALK

The 5K walk is a timed event open to men, women and children of all ages.



5K POKER WALK

Not a race, a game of chance, open to everyone including rollerbladers. Collect your hand at various stations along the 5K route.

1 MILE WALK & ROLL

This *non-competitive*, fun walk is open to all individuals, families, groups and walkers including those on rollerblades and pushing strollers, or wheelchairs.

COURSES

The 1 Mile Walk & Roll and 5K Fitness/Poker Walk all begin in the Lodi Memorial Hospital parking lot, 999 S. Fairmont Avenue, at York Street. Walkers and rollers will follow a designated course through the picturesque streets of Lodi.



PRE-WALK WARM UP

A free pre-walk warm up will be offered, beginning at 8:45 a.m.

HEALTH SCREENINGS

Lodi Memorial Hospital will offer free health screenings to the public, beginning at 8:30 a.m.

FINISH

All events will end in the hospital parking lot, where results for the 5K Fitness and Poker Walk will be posted. Awards will be given. Refreshments will be available for all participants immediately following the Walk.



ENTERTAINMENT & FUN

Music and entertainment will be provided. A therapeutic sports massage area will be available after the walk at no charge.

WALK HOTLINE (209) 339-7582

or ckshaw@lodihealth.org
visit us at www.lodihealth.org

AWARDS

5K Walk awards will be presented three deep for men and women in: 5-8, 9-14, 15-19, 20-29, 30-39, 40-49, 50-59, 60-69, 70-79, & 80 plus age groups.

5K Poker Walk awards will be given to First, Second and Third hands.

Walk&Roll awards will be given for first overall winner, oldest walker, and for largest teams in such categories as convalescent and corporate.

REGISTRATION

\$15 pre-registration for individuals (includes one T-shirt)

\$30 per family (includes three T-shirts)

Pre-registration must be postmarked by May 4. Registration fee of \$20 will be enforced after that date.

T-SHIRTS

Every registered participant will receive a "Walk for the Health of It" T-shirt created just for this year's event by Duncan Press. You can also purchase additional T-shirts at any of the pre-registration locations



TO PRE-REGISTER

T-shirts and registration forms are available at the following locations thru May 4:

- FARMERS & MERCHANTS BANK
121 W. Pine Street
- LODI MEMORIAL FOUNDATION OFFICE
999 S. Fairmont Ave Suite 110
- LODI MEMORIAL HOSPITAL GIFT SHOP
975 South Fairmont Ave.
- LODI MEMORIAL HOSPITAL WEST FITNESS
800 S. Lower Sacramento Rd.
- LONG'S DRUG STORES
100 W. Lodi Avenue
1000 W. Kettleman Lane
- PRET
15 Downtown Mall

After May 4, shirts will be available at hospital.



Make checks payable to Lodi Memorial Hospital Foundation. REGISTRATION DEADLINE: MAY 4, 2001.

AGE (on day of race):

LAST NAME

FIRST NAME

ADDRESSPHONECITYSTATEZIPBUSINESS/SCHOOL GROUP (IF APPLICABLE)

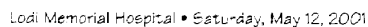
PLEASE INDICATE T-SHIRT SIZE: ADULT: S ☐ M ☐ L ☐ XL ☐ XXL ☐ CHILD: S ☐ M ☐ L ☐ LMH Employee ☐ Dept. ☐

PLEASE INDICATE T-SHIRT SIZE: ADULT: S ☐ M ☐ L ☐ XL ☐ XXL ☐
SHIRTS ARE AVAILABLE IN ADVANCE AT THE FOUNDATION OFFICE.

WAIVER: I hereby release and discharge in advance Lodi Memorial Hospital, the City of Lodi, all agencies whose property and personnel are used, all sponsoring or co-sponsoring entities or individuals, from responsibility for any injuries or damages I may suffer as a result of my participation in the "Walk for the Health of It." I hereby certify that I am able to safely participate in this event. I will additionally permit the use of my name and pictures in broadcasts, telecasts, newspapers, brochures, etc. and I also understand that the entry fee is non-refundable. As a participant, I certify that all information provided in this form is true and complete. I have read the entry information and certify my compliance by signature.

ALL APPLICANTS MUST SIGN WAIVER (Parent/Guardian if under 18)

Date _____



Pre-Registration

Pre-register by May 4, \$15 individual or \$30 family (includes 3 T-shirts), using the convenient entry form above. After May 4, \$20 per individual.

Please make checks payable to:

LODI MEMORIAL HOSPITAL FOUNDATION.

Mail checks and registration forms to:

999 South Fairmont Ave., Suite 110, Lodi, CA 95240.

Contribution

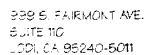
I am unable to participate.

but would like to make a tax deductible donation

to Lodi Memorial Hospital Foundation in the amount of: \$

Registration \$

TOTAL \$



PACIFIC COAST PRINTERIES • ANNE KILB AND LIL AL. PHOTOGRAPHY, PHOENIX

CONJUGATE SYNTHESIS

COLLEGE • POWER RANKING

THE UNIVERSITY OF CHICAGO PRESS

1999年11月，美国国家海洋渔业局（NMFS）发布了一项关于大西洋鳕鱼（Atlantic Cod）的研究报告，指出该物种在北大西洋的种群数量已显著下降，主要原因是过度捕捞和栖息地破坏。报告建议实施严格的捕捞配额制度，并建立海洋保护区以保护鳕鱼的繁殖地。这一举措旨在通过科学管理实现资源的可持续利用，防止该物种灭绝。

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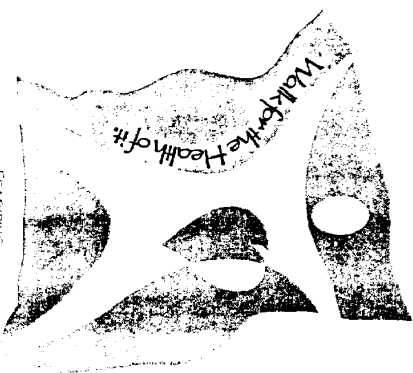
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**FARMERS &
MERCHANTS**
BANK OF CENTRAL
CALIFORNIA

REGISTRATION 8 A.M.
WALK BEGINS 9 A.M.

SATURDAY
MAY 12, 2001

FEATURING
5K FIFTY-55 WALK
5K POKER WALK
1 MILE WALK & RUN



**LODI MEMORIAL
HOSPITAL FOUNDATION**